

REDLINED • Week 3: Anxiety

Daily Briefing • Day 4 of 5 • Food, Sleep, Fear, and Stress

WEEKLY MEMORY VERSE

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6–7

This is the fourth briefing of the week, and it deals with what God did for Elijah before He said one word about his situation. You can watch or listen to the sermon at 1mso.church or on the One Missoula app.

OPENING PRAYER

Heavenly Father, You made me a physical being with real physical limits. You know my frame and You remember that I am dust, so none of this is a surprise to You. Help me stop ignoring Your design and running myself into depletion that was never necessary. As I work on my anxiety, help me deal honestly with food, sleep, exercise, and rest. Show me where I have been working against myself, and give me the willingness to take the practical steps, starting with the easy ones. I pray these things in the name of Jesus. Amen.

TODAY'S TEACHING

There is a danger in today's briefing, so let us name it before we start. This is the day that could turn into a health and wellness talk, and that is not what we are going for. We are not going to treat anxiety as a body problem with a body solution. That being said, we are going to take seriously that God made you a physical body with physiological levers and limitations. Psalm 103 says He knows our frame and remembers that we are dust. He is not annoyed by your limits. He designed them and directs us to deal with them.

Yesterday we left the Old Testament prophet Elijah asleep under a tree after he asked God to end his life. Watch what happens next. An angel touches him and tells him to get up and eat. There is bread baked on hot stones and a jar of water. He eats, drinks, and lies back down. The angel comes a second time, touches him again, and tells him to eat again, because the journey is too great for him. Then he gets up and travels forty days on the strength of that food. Observe what God gave him before saying anything about his situation. He gave a touch, food, water, and sleep, and then a touch, food, water, and sleep again.

Modern researchers have put numbers on this. In 2007 at the University of California, Berkeley, healthy people who had deliberately been kept awake about thirty-five hours were shown disturbing images while their brains were scanned. The amygdala, which is the brain's alarm center, fired roughly sixty percent harder than it did in people who had slept, and its connection to the region of the human brain that supplies context and perspective had gone quiet. That means their sleeplessness cost them the ability to filter and regulate. A 2019 follow-up from the same lab found that a single sleepless night raised next-day anxiety by as much as thirty percent, and that deep sleep was what brought that anxiety back down. Studies on hunger have found the same shape, with more anger and more irritability as people get hungrier. Here is what was consistent. Depletion did not add new fears; it removed the guard.

That is not the whole answer, and the Elijah story proves it. After the food and the sleep and the forty-day journey, Elijah tells God that he is the only faithful loyalist left in Israel. That was not true, and he already knew it was not true, but he said it anyway. A man named Obadiah had hidden a hundred prophets in caves and fed them bread and water, and Obadiah had told Elijah so to his face. God answers Elijah's false complaint by naming seven thousand in Israel who had never bowed to Baal. So the food and the rest did not entirely fix his thinking, but they did make him able to hear the needed correction. His body was not the whole problem, but it was part of the equation.

This is why rest is not a tip in the Bible. It is a command. God built a day of rest into the creation week and then wrote it into the Ten Commandments, which means stopping was never something you earn once the work is finished. Jesus says the same thing to His disciples in Mark 6, telling them to come away to a desolate place and rest a while, because people were coming with constant needs and demands and they had no

leisure even to eat. Running yourself into the ground is not toughness. We call it hustle or we call it ministry, and underneath both names it is disobedience with a respectable cover story.

Here is where this overlaps with yesterday. The counterfeit you reached for last night is very often the thing that took your sleep. The scroll that provided relief late last night charged you in focus and energy you needed this morning. Functional saviors come with a cost. So the steps today for addressing anxiety are measurable and physical. You put the phone in another room, you eat real food instead of what the drive-through hands you, you move your body by walking, running, or lifting, and you take the day off that God already told you to take.

READ & MEDITATE

1 Kings 19:5–8

And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.”⁶ And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again.⁷ And the angel of the Lord came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.”⁸ And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

Psalms 103:14

For he knows our frame; he remembers that we are dust.

Mark 6:31

And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat.

These three come from different parts of the Bible and different kinds of writing, and they agree about the body.

REFLECT

Reminder: honest introspection and Scripture-informed self-assessment are far more beneficial than self-delusion and wishful thinking.

It may be worth starting with what the passage actually reports before going anywhere near what it means for you.

In 1 Kings 19:5 through 8, list everything God gives Elijah before He says one word about his situation.

He gave a touch, bread, water, and sleep, and then a second touch, more bread, more water, and more sleep. Now look at what is not on your list. There is no rebuke, no lecture, and no assignment. All of that comes later, but it comes to a man who had eaten and slept.

Depletion is rarely spread evenly. One area is usually further gone than the others.

Where are you most depleted right now: sleep, food, movement, or time without demands?

Fill in the blanks from Psalm 103:14:

For he knows our _____; he remembers that we are _____.

Fill in the blanks from Mark 6:31:

And he said to them, "Come away by yourselves to a desolate place and _____ a while." For many were coming and going, and they had no _____ even to eat.*

**These fill-in-the-blank questions use the ESV text. Your Bible may use different words for the same idea.*

Modern technology is both a tool and a terror. The easiest sleep win most people have costs nothing and takes ten seconds, which is putting the phone in another room.

If your problem is not the phone but the next episode or a fictional book you cannot put down, what rule are you putting on it tonight so it stops costing you sleep?

Suppose someone offered you a million dollars to eat well for one week. You would figure it out. So the obstacle was never knowledge or resources. The obstacle is trading what you want now for what you want most.

Which restaurant or fast-food meal gets cut, and what replaces it from the grocery store?

Rest was commanded before anybody earned it. Most of us still act like it has to be earned.

What project task or conversation has to be finished before you could take a full day off, and when are you going to finish it?

Do some honest introspective self-assessment before moving on.

PRAYER

Write your prayer or pray out loud. Ask God to show you where you have been treating your body as a machine, and ask Him for the honesty to take the small physical step in front of you today.

MEMORY VERSE

Write or recite Philippians 4:6–7 from memory:
